



## Safekey Program **Fit Kids Club**

*Get Active Fitness Sports and Nutrition Program*

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**Nutrition Projects • Fitness Testing  
Program Newsletter • Personal Safety**

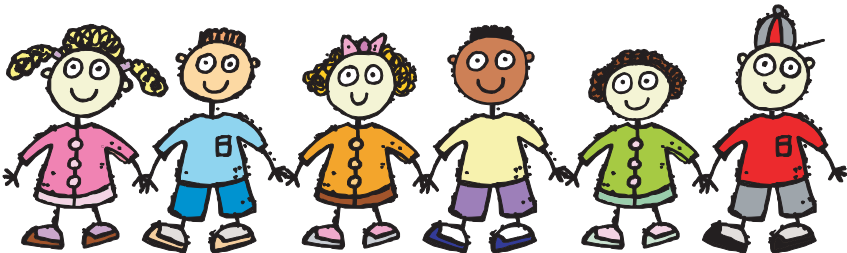
### **Sports Activities May Include**

**Flag Football 🏈 Basketball 🏀 Soccer  
Tennis 🎾 Power Walking Club 🚶 Track**

### **Biggest Winner Contest**

**Monthly, quarterly, and yearly awards  
can be earned by participants and  
Safekey sites by reaching their fitness goals.**

**Call 229-2883 for more information!**



# Safekey Program

# Fit Kids Club

## Contract



As a Safekey **Fit Kids Club** *Member*, I promise to...

- Be *attentive* by listening to instructions.
- Be *active* a minimum of 60 minutes a day.
- Be *involved* in **Fit Kids Club** activities.
- Be *informed* by learning about healthy choices.
- Be *safe* to prevent injury.



Name: \_\_\_\_\_ Grade: \_\_\_\_\_

School: \_\_\_\_\_ Date: \_\_\_\_\_

As a Safekey **Fit Kids Club** *Parent*, I promise to...

- Be *supportive* of my child's fitness goals.
- Be *positive* about my child's fitness accomplishments.
- Be *informed* about healthy fitness options.
- Be *involved* by seeking healthy family fitness options for my family.
- Be *active* by encouraging my child to participate in a moderate physical activity.
- Be *a good example* by promoting healthy choices and fitness.



Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please Print

**Your child receives five (5) extra mile stones towards the Biggest Winner Contest for returning this contract. Although all participants will participate in **Fit Kids Club** activities, only Biggest Winner contestants can win program scholarships.**